



Sleep Safe

Gold Medal Program

“Every Indian Child Goes to Sleep in a Home Protected with a Smoke Alarm”

Background:

The *Sleep Safe* Program goal is to reduce the rate of fire and burn injuries among American Indian and Alaska Native (AI/AN) children ages 0-5 enrolled in Tribal Head Start Centers participating in the Sleep Safe Program. This goal will be achieved by increasing the percent of operable smoke alarms in homes of AI/AN children participating in the *Sleep Safe* Program, providing fire safety educational curricula to Head Start programs to increase awareness among American Indian and Alaska Native families and among childcare providers of children ages 0-5 and promoting community coalition development, community data collection, and community fire safety activism.

This notice solicits letters of interest from current *Sleep Safe* Program tribal Head Start Centers that are interested in expanding the *Sleep Safe* Program in their community. A limited number of Head Starts will be selected to participate in the *Sleep Safe* “Gold Medal” site program. Activities include:

- Site Coordinators, plus a team of 3-4 community members, will attend the 3-day training workshop, which will focus on skills required to continue implementing fire safety activities in Head Start Centers and expanding the *Sleep Safe* Program into local communities.
- *Sleep Safe* Site Coordinators will be asked to participate, by sharing successful program components, in the workshop planned for new Head Start Centers selected to participate in the *Sleep Safe* Program in 2003-2004.
- These sites will implement program improvements which include installing at least one smoke alarm on every floor of a home and outside/inside each sleeping area, use the services of contractors for smoke alarm installation, and creating partnerships with other programs to expand services to a broader population.

An exciting opportunity has emerged for *Sleep Safe* Head Start sites to participate in another pilot project entitled, *Ride Safe*, which is a child passenger safety program. A limited number of Head Starts will be selected to participate in this program. Activities include:

- *Ride Safe* Coordinator will attend a one-day training workshop, which will focus on skills on implementing a child passenger safety program.
- Provide Child Passenger Safety curricula to Head Start programs to increase awareness among American Indian and Alaska Native families and among childcare providers of children ages 0-5.
- Child Safety seats will be provided to Head Start sites for distribution to American Indian and Alaska Native children.

Due to limited funding available for these programs, all letters of interest will be reviewed and selected on a competitive basis. Applications for the *Sleep Safe* “Gold Medal” program and the *Ride Safe* program are attached.

Sleep Safe “Gold Medal” Application

Each Letter of Interest must include the following information:

1. **Brief Description of previous year activities**
 - In-class training sessions/activities conducted for Head Start children (from the Teacher’s and Children’s Guide),
 - Training sessions/activities conducted for parents and/or childcare givers (from the Parent/Childcare Provider’s Guide),
 - Community activities implemented (from the Tribal Partnership’s Guide), and
 - Number and description of smoke alarm installations (e.g., number installed, who installed them, etc).
 - Environmental Health Officer and/or local Injury Prevention coordinator support.
 - Any plans for expanding partnerships or progress towards laws and enforcement.
2. **Examples of Support.** Sites should demonstrate expanded partnerships with IHS/Tribal Environmental Health Sanitarian and other tribal programs. IHS/Tribal Environmental Health Sanitarians have traditionally taken an active role in injury prevention activities in the community. *Sleep Safe* sites should include a letter of support from these or other tribal program staff in their response to this program statement. The letter of support from the Sanitarian should indicate the Sanitarian’s availability to attend the training workshop to be held August 5-7, 2003 in Minneapolis, Minnesota (see additional information below).
3. ***Sleep Safe* Project Coordinator.** Each letter of interest should identify the person who will serve as the Project Coordinator. The Coordinator will be required to attend a 3-day training workshop in Minneapolis, Minnesota, August 5-7, 2003. The coordinator will also be responsible for coordinating the installation of additional *Sleep Safe* smoke alarms provided to the Head Start Center and for monitoring and reporting program progress to *Sleep Safe* Program staff at IHS.
4. **Intention to Expand the Program.** Each Head Start Center should indicate how they intend to expand the program. Some examples could be the use of the Sleep Safe Program Training Module at additional Head Start Center sites, identify 3-4 head start staff/community members to attend the Sleep Safe workshop, use the services of contractors for smoke alarm installation, and creating partnerships with other programs to expand services to a broader population. The additional staff that will attend the workshop will assist the coordinator in the implementation of the program.
5. **Unmet Smoke Alarm Need.** Each Head Start Center should indicate the number of smoke alarms required to address unmet needs at current Head Start Center sites. This will require installing at least one smoke alarm on every floor of a home and outside/inside each sleeping area.
6. **Success Story.** Each Head Start Center should list and describe ways in which the *Sleep Safe* Program was successful during the previous year of the program. This specific description can be a success story or a personal anecdote.
7. **Progress Reports.** All Sleep Safe progress reports were submitted in timely manner.

Deadline:

Letters of Interest must be received at the office designated below by close of business **May 2, 2003**.

Address:

Letters of Interest must be submitted to: Indian Health Service, ATTN: Harold Cully, 5 Corporate Plaza, 3625 NW 56th Street, Room 204, Oklahoma City, Oklahoma, 73112.

Award Notification:

Tribal Head Starts will be notified of their selection by **May 23, 2003**.

Sleep Safe Program Components

Sleep Safe Second Year Continuing Site Coordinators Training Workshop: This workshop is scheduled for August 5-7, 2002 in Minneapolis, Minnesota. Costs (airfare, per diem, lodging) associated with this training session will be covered by the *Sleep Safe* project. All *Sleep Safe* Project Coordinators and identified community members/head start staff will be required to attend this training. IHS/Tribal Environmental Health Sanitarians/Injury Prevention Specialists supporting the *Sleep Safe* Program are encouraged to attend this workshop. Costs for their travel (airfare, per diem, lodging) will be covered by the *Sleep Safe* project.

Smoke Detectors: Each participating Head Start Center will receive 10-year lithium battery photoelectric smoke alarms. The number of smoke detectors provided to each Head Start site will be based on the identified need for smoke alarms, as described in the Letter of Interest.

Timeline: The *Sleep Safe* Head Start sites will be encouraged to use the training lessons conducted in August to begin their activities during National Fire Prevention Week, October 5-11, 2003. *Sleep Safe* Program activities are expected to continue the program throughout the 2003-2004 school year. All *Sleep Safe* Program smoke alarms provided to Head Start Centers should be installed by the end of the 2003-2004 school year.

Ride Safe “Gold Medal” Application

Ride Safe is a child passenger safety program similar to Sleep Safe, in that it provides an educational curriculum and child safety seats for Head Start children. As with Sleep Safe, home visits will also be used to assist parents in addressing child safety seat installation questions or CPS concerns that may arise after the initial education and skills training.

The Ride Safe Program requires the following commitment from a site:

1. At least one Head Start staff or a community partner (environmental health sanitarian, Injury Prevention coordinator, police officer, CHR, etc.) will need to be a certified CPS practitioner.
2. Provide CPS parent education in the classroom or home setting (45-60 minute sessions).
3. Provide hands-on skills training to the parent(s) with each child safety seat provided.
4. Conduct follow – up home visits to reinforce CPS skills and promote the continued use of child safety seat.

Coordinating the Ride Safe Program can be carried out by the Sleep Safe Coordinator, an interested Head Start staff member, or a community partner such as an environmental health officer (sanitarian), injury prevention coordinator, police officer, etc. Coordinator responsibilities can also be shared between two individuals. All sites are encouraged to work with community partners, especially the police department, to reinforce child safety seat usage.

Name of Head Start Site:
Address:
Name of Person Completing this Report:
Name of Environmental Health Officer:
Name of Tribal Injury Prevention Specialist
Date Application Completed:
Total number of children in Head Start (3 to 5) _____ Total number of children in Early Head Start (birth to 3) _____ Total number of children in non-center based Head Start _____ Estimated percentage of reservation children enrolled in tribal Head Start _____ Total number of children ages 3-5 on reservation _____

Ride Safe Site Application	(yes)	(no)
Does the Head Start have staff with current NHTSA CPS certification available to assist with the Ride Safe Project?		
Are there individuals within your Tribal community that have current NHTSA CPS certification (e.g., Tribal Police, Transportation, Health Center, IHS Environmental Health Officer or Injury Prevention Coordinator)?		
Does the Tribe already operate a child safety seat distribution program through another agency (e.g., WIC, Health Center, IHS Hospital or Tribal Home Health)?		
Has Head Start partnered with other agencies in the past to accomplish Injury Prevention activities (e.g., working with the Fire Department to install smoke alarms or conduct fire safety education for Sleep Safe)?		
Does the Head Start, Tribe or IHS have adequate storage space available to keep child safety seats?		
Will the coordinator for the Ride Safe Program be from outside the Head Start? (Environmental Health Officer, Tribal Sanitarian, Tribal Injury Prevention Coordinator)		
Name & Phone Number of local CPS advisor / NHTSA Technician Name: _____ Agency/Title: _____ Phone number ()		
Indicate (by putting a check in the appropriate boxes) the audio-visual equipment your Center has available for use in conducting educational presentations? <div style="margin-left: 40px;"> <input type="checkbox"/> Power Point Projector <input type="checkbox"/> Computer with Power Point Program <input type="checkbox"/> Overhead <input type="checkbox"/> TV & VCR <input type="checkbox"/> Flipcharts and markers </div>		

Ride Safe Site Application	(yes)	(no)
<p>Indicate the extent to which you feel the Ride Safe Coordinator and other Head Start Center staff will be able to devote to implement the Ride Safe Program?</p> <p>Note: "To implement the Ride Safe Program" primarily means:</p> <ul style="list-style-type: none"> • Training staff in the technical and administrative requirements of the Ride Safe Program, including CPS training. • Working with staff and partners to conduct monthly CPS activities (parent & children's educational sessions, incentive projects, etc. • Ensuring that Home Visits are conducted to install car seats and complete follow-up. • Completing Quarterly progress reports. <p>Coordinator:</p> <p><input type="checkbox"/> A lot of time</p> <p><input type="checkbox"/> Some Time</p> <p><input type="checkbox"/> A little time</p> <p><input type="checkbox"/> Very little time</p> <p><input type="checkbox"/> No Time</p> <p>Other Head Start staff:</p> <p><input type="checkbox"/> A lot of time</p> <p><input type="checkbox"/> Some Time</p> <p><input type="checkbox"/> A little time</p> <p><input type="checkbox"/> Very little time</p> <p><input type="checkbox"/> No Time</p>		
Does the Head Start have staff who are capable and available to conduct parent -- child passenger safety -- education during home visits?		
Does the Head Start or another Tribal/IHS agency have staff capable and available to conduct --child passenger safety education & classroom activities with the children		

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April 2, 2003

Dear *Sleep Safe* Program Coordinator,

I would like to thank you for all your efforts to ensure that the *Sleep Safe* Campaign was a success in your community. In early August 2002, you and your Head Start colleagues participated in an innovative program that was tailored to protect children from fire and burn injuries, educate parents and child care givers about injuries and create tribal partnerships in your community.

The opportunity to continue the momentum generated from the fire safety initiative is being extended to the 20 Tribal Head Start Centers that participated in Year IV of the *Sleep Safe* Program. This notice solicits letters of interest from current *Sleep Safe* Program tribal Head Start Centers that are interested in expanding the *Sleep Safe* Program in their community. A limited number of Head Starts will be selected to participate in the *Sleep Safe* “*Gold Medal*” site program. “*Gold Medal*” site activities include:

- Site Coordinators, plus a team of 3-4 community members, will attend a 3-day training workshop which will focus on skills required to continue implementing fire safety activities in Head Start Centers and expanding the *Sleep Safe* Program into local communities.
- Several current *Sleep Safe* Site Coordinators will be asked to participate, by sharing success stories, in the workshop planned for new Head Start Centers selected to begin participating in the *Sleep Safe* Program in 2003.
- These sites will implement program improvements which include installing at least one smoke alarm on every floor of a home and outside/inside each sleeping area, use the services of contractors for smoke alarm installation, and creating partnerships with other programs to expand services to a broader population.

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Please take a moment to examine the enclosed information about submitting a Letter of Interest for the *Sleep Safe Year V* campaign. We hope that you will continue to participate in this important endeavor of preventing injuries in your community.

Sincerely,